



Enjoying the Thing of Everything



TOM YESHE



Enjoying the Thing of Everything

Anything is many things. It's a whole and its various constituent parts and particles, interweaving fields and forces, designating names and sustaining circumstances, its essences and its characteristics — and likewise each of these things is many things as well, and so on infinitely. Everything altogether as a single thing including each and every thing is what I call the Thing of Everything. In my usage of the word thing there is nothing whatsoever that is not a thing. If there's a word for it, or not, if it's real, or not, it's a thing. Nothing, no-thing, and nothingness are things, and so are you and I. We're all in this together, each an infinity of things embraced by the Thing of Everything.

And that's a good thing. Our beneficially participating in things greater than ourselves leads to a growing awareness of our interconnectedness and an expanding feeling of joy as we more and more deeply sense our kinship with all things. As we extend goodwill toward all, all increasingly reveal themselves to be kaleidoscopic, playful aspects of an infinitely lively Thing of Everything. That's quite Something.

MOVIE 1 Prologue



The author reads the Prologue



The Thing of Everything

Anything is many things*.

Each and every thing — everything — is something else,
so nothing is anything exclusively.

Including everything is the Thing of Everything.

* The scope of “things” is all-inclusive, including all
words and all meanings, all thoughts and all theories,
from philosophy to physics, from politics to spirituality.

WATCH THOUGHTS PASSING BY



Watch thoughts passing by like clouds in the sky
Easily breathing you don't have to try
Feel any pain and just let it be
Release all your notions, even your "me"

MOVIE 2 Watch Thoughts Passing By



The author recites Watch Thoughts Passing By



A universe from **nothing**? That “nothing” is quite **Something**!

What part of “nothing” don’t you understand? Hint: the “nothing” of physicists from which everything came is a nothing “with special sauce” — the “sauce” being the potential for everything to emerge from it. Pretty pregnant “nothing” :)

Nothing is as it seems but everything else isn’t.



I'd say that since we don't truly, deeply, thoroughly know what anything is, everything is an unidentified “flying” object, including every thought that passes through our minds. However confident we may be in identifying anything, the assigned identity is incomplete, provisional and ultimately illusory. Thus “reality” is likened to a dream, clouds in the sky, mist, a mirage, a magic show, a dance, a play, et cetera. We're all observers of the passing show — and as a captive audience of the play, we are all abductees.



“A man may in this life reach the point at which he understands himself to be one with that which is nothing compared with all things that one can imagine or express in words. By common agreement, men call this Nothing, ‘God,’ and it is itself a most essential Something.”

— Henry Suso, quoted in *The Spiritual Ascent*, “The Void,” pg. 727



Q: “I think that I misunderstood this ‘there is no self’ stuff. I was visualizing an entity that is not defined and kind of disappears in the background or in the whole. But now I think that the self actually has to be a highly developed entity with a deep understanding of its true nature and relationships and be possessed of wisdom, purpose and determination and capable of action. What do you think?” — Alex

A: Your view of the self makes sense to me. I think our selves and their accompanying self-views keep expanding, growing in wisdom and compassion/love, and as they enlarge and become deeper and more encompassing they make our former, pettier versions of ourselves seem small and temporary — just passing stages that eventually may come to seem illusory. As ever-changing “illusions” they are in a sense unreal, and insofar as at least some aspects of selves are non-eternal some philosophers therefore call them non-existent, which is a bit radical when applied to the “whole self” and easily misleading because obviously we and they have thoughts and experiences: lives, in a word, and life exists. But we may live better and “bigger” — so much so that our former selves seem like abandoned cocoons viewed by soaring butterflies — active, purposeful and determined butterflies!

LOVE LAUGH DANCE



Please enjoy my musical piece, Love Laugh Dance

Love Laugh Dance by Tom Yeshe



All-Inclusive Love

We begin with a nonexclusive definition of “thing”: A thing is anything whatsoever (including that which normally is not considered to be a thing, such as a person or process).

We call the thing that includes everything the Thing of Everything. When the many things are recognized as aspects of the one Thing, we may relax into the awareness that we, too, through and through, are not apart from That. That's simplicity itself. It's simply lovable, and we ourselves are Love.

“How so? It doesn't seem that way to me,” you might think. The seeming is not the reality, but in our dreaming this seeming reality we can practice loving by acts of kindness and generosity. A sweet smile is a kind gift that benefits both giver and recipient, giving both a taste of love. As our little tastes of love grow from now and then, here and there, to more and more here and now, moment to moment, we come to find ourselves bathing in ambrosial Love.

“Love is the only language that every living being can understand. It is universal,” says Amma, the “hugging saint.” Here’s her simple, relaxing Ma Om Meditation: <http://www.tomyeshe.com/#!ammas-ma-om-meditation/ck59>

anything

some thing among all

Related Glossary Terms

Nothing, Something, Something (capitalized), Thing

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Find Term

nothing

ultimately, as Nothingness, a conceptual self-contradiction:
complete absence is nowhere present thus “nothing” is merely
a word with associated ideas — it is many things

Related Glossary Terms

Anything, Something, Something (capitalized), Thing

something

a thing

Related Glossary Terms

Anything, Nothing, Something (capitalized), Thing

Something (capitalized)

the Thing of Everything

Related Glossary Terms

Anything, Nothing, Something, Thing

thing

anything whatsoever

Related Glossary Terms

Anything, Nothing, Something, Something (capitalized)